

COURSE OVERVIEW

Introduction to ESG and sustainability

An introductory e-learning course - 2026 edition

Veriport Limited

ESG and GHG data management software



Why this course

The aim of this course is simple: to give a clear, plain-language understanding of what ESG and sustainability are, how they differ, the terms used in the terms used in this field, and the approaches organisations take to manage and report on them.

ESG comes with a lot of language - pillars, materiality, disclosures, metrics, standards, frameworks, assurance. This course takes these ideas one at a time and explains them simply, so that by the end the vocabulary and the concepts feel familiar rather than daunting.

By the end, learners understand the three reasons organisations take on ESG:

1

Regulation

What is required of us, and where

2

Stakeholder expectation

What investors, customers and the market expect

3

Values

What the organisation stands for

Who this course is for

This course is useful for anyone who encounters ESG in their working life, and especially for:

1

Anyone tackling ESG in their organisation

If your company has begun measuring, managing or reporting on its sustainability, this course gives you the grounding to take part with confidence.

2

Anyone involved in materiality discussions

Materiality - deciding what genuinely matters - is at the heart of sustainability. This course explains the principle so you can contribute to those conversations.

3

Anyone using ESG tools and software

If your company has selected a tool or application to manage its ESG and sustainability data, this course explains the concepts behind it, so the tool makes sense and you can use it well.

No prior knowledge is required. The course is written for newcomers and is just as useful as a refresher for those who want to update what they know.

How the course works

The course is designed to be straightforward and low-pressure.

1

Short, building sections

Divided into short sections, each building on the one before.

2

Multiple-choice questions

Included throughout, to help learners check their understanding as they go.

3

No score, no pass mark

If a question is answered incorrectly, the learner simply gets the chance to answer again.

4

Progress tracked, not scores

Only progress through the course is tracked - not how questions were answered.

Typical completion time: 50 to 75 minutes, depending on pace.

What this course covers

The course moves from the basics through to how reports are made and checked, in the following order:

1 Why ESG and sustainability

2 What is ESG

3 ESG and regulatory compliance

4 ESG and sustainability management

5 Standards and frameworks

6 Disclosures

7 Narrative

8 Metrics

9 KPIs

10 ESG and sustainability reporting

Learning outcomes

By the end of this course, learners will be able to:

- 1 Explain the difference between ESG and sustainability
- 2 Understand why organisations measure and report on ESG
- 3 Recognise the main standards, frameworks and regulations
- 4 Understand disclosures, metrics and KPIs
- 5 Explain verification and assurance

Continue your learning

This is an introductory course, and it is one of three.

To build on what you have learned here, ask about the other courses in this introduction series:

2

Introduction to Materiality

A fuller treatment of one of the most important ideas in sustainability - deciding what genuinely matters, and how the major standards approach it.

3

Introduction to Carbon & Climate

Greenhouse gases, climate change, carbon markets and carbon footprint reporting, including Scope 1, 2 and 3 emissions.

Each course in the series follows the same format, and each builds on the foundations set here. Ask about licensing all three together as a package.

Access this course

This course is available for licensing by organisations wishing to give their teams a grounding in ESG and sustainability. It can be taken independently by learners or used as the basis for a facilitated workshop.

To discuss access and licensing

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